

THE ROLE OF SPECIAL EXERCISES IN DEVELOPING TECHNICAL PREPAREDNESS OF YOUNG HANDBALL PLAYERS

Kamalov Abduxalil Faxriddin ugli

Namangan State University Independent Researcher

Abstract

This article examines the importance of using special exercises in developing the technical preparedness of young handball players. The research was conducted using a questionnaire method to collect data from coaches. The survey results focus on the role of special exercises in improving young athletes' technical training, their frequency of use, criteria for selecting exercises, methods of identifying technical errors, and determining effective technical techniques. The findings of the study serve as a basis for developing practical recommendations on the systematic and effective application of special exercises.

Keywords

young handball players, technical preparedness, special exercises, coach survey, physical fitness, speed, coordination.

Relevance

Handball is a team sport that requires speed, coordination, and technical precision. The technical preparedness of young athletes is one of the key factors determining their future success. Therefore, the rapid and high-quality acquisition of technical skills directly depends on the effectiveness of coaches' activities.

Currently, many young athletes face difficulties in mastering technical movements. The main reasons include insufficient systematic use of exercises, failure to consider the physical fitness and movement coordination of young athletes, as well as inadequate application of effective methods for identifying and correcting technical errors.

Developing technical preparedness through special exercises is of great importance, as they help improve athletes' coordination, speed, movement accuracy, and jumping/throwing techniques. At the same time, the correct selection and application of special exercises reduce technical errors among young athletes, increase training effectiveness, and strengthen athletes' motivation.

Therefore, the issue of systematically and scientifically applying special exercises in developing the technical preparedness of young handball players is highly relevant. The research results help improve the methodology of selecting and applying special exercises based on coaches' practical experience.

Objective

To determine the importance of special exercises in developing the technical preparedness of young handball players and to develop effective ways of applying them.

Tasks:

To determine the level of application of special exercises by coaches.

To study the criteria and methods for selecting exercises.

To analyze the methods of identifying and correcting technical errors in young athletes.

Introduction

Handball is a team sport that requires speed, precision, strength, and coordination. The technical preparedness of young athletes is one of the key factors determining their future success. The process of developing technical preparedness depends on the coach's methodological approach, the systematic organization of training sessions, the use of special exercises, and the individual characteristics of young athletes. Therefore, timely and high-quality

acquisition of technical skills enables young athletes to improve their physical fitness, develop movement accuracy and speed, and perform at a competitive level in sports activities.

In the process of training young athletes, mastering technical movements is of great importance. Technique includes the correct and effective execution of basic movements, catching and passing the ball, performing quick actions accurately, and mastering jumping and throwing techniques. At the same time, applying effective methods for identifying and correcting technical errors among young athletes significantly improves the quality of technical preparedness.

Special exercises are considered an important means of developing technical preparedness. These exercises are selected by coaches and aimed at improving young athletes' coordination, speed, movement accuracy, and technical skills. They not only enhance technical preparedness but also contribute to the development of athletes' physical fitness, reflexes, and intellectual abilities. Therefore, the systematic and individualized application of special exercises plays a significant role in the development process of young athletes.

Practical experience of coaches shows that when selecting special exercises, factors such as athletes' physical fitness, technical level, training conditions, and age characteristics are taken into account. In addition, methods such as demonstration and explanation, repetitive practice, game elements, and video analysis are considered effective in teaching exercises. To identify technical errors in young athletes, observation, evaluation criteria, testing, and video analysis methods are widely used. All these factors contribute to increasing the effectiveness of the technical training process.

At present, coaches recognize the need to develop scientifically based methodologies for evaluating technical preparedness and applying special exercises. To develop technical skills in young athletes, training sessions should be systematic, and the content and duration of exercises should be optimized. At the same time, the coach's guidance and the athlete's motivation should remain constant priorities in the process of technical training.

This article is aimed at highlighting current issues and studying the importance and effectiveness of systematically applying special exercises in developing the technical preparedness of young handball players. The research is based on coaches' practical experience and survey results. In addition, the article focuses on criteria for selecting special exercises, their duration and quantity, methods for identifying technical errors, and determining the most effective technical approaches.

As a result, this study contributes to improving the process of developing technical preparedness among young handball players, increasing training effectiveness, and developing practical recommendations for coaches. In this way, the article contributes to the scientific development of technical training and supports the successful sports performance of young athletes.

Main Part:

1. The Importance of Technical Preparedness in Young Handball Players: Technical preparedness plays a crucial role in the successful development of young athletes and in enabling them to perform at a competitive level in sports. In handball, technical skills include catching and passing the ball, shooting, performing quick movements, and mastering jumping techniques. Coaches' experience shows that systematic and effective development of technical skills significantly improves young athletes' movement accuracy, coordination, and speed.

Survey results indicate that the majority of coaches consider special exercises to be "very important" in developing technical preparedness among young athletes. These exercises are used not only to improve technical skills but also to enhance athletes' physical fitness and reflex abilities.

2. Frequency of Using Special Exercises:

The frequency of applying special exercises is an important factor in developing technical preparedness. According to survey results, most coaches use special exercises in every training session or 2–3 times per week. This allows young athletes to regularly reinforce technical skills, strengthen motor memory, and reduce technical errors.

Coaches also provided information about training duration and the number of exercises. Special exercises for young athletes usually last 10–15 minutes, with the number of exercises ranging from 3 to 10. This is considered optimal for young athletes, as excessive practice may lead to fatigue and technical mistakes.

3. Criteria for Selecting Special Exercises:

Coaches consider several criteria when selecting special exercises: Physical preparedness of young athletes — body condition, strength, and endurance level. Technical level — the athlete's previous technical skills and experience. Training conditions — equipment, field availability, and time resources.

Most coaches selected the option “all of the above,” emphasizing the need to consider multiple criteria simultaneously. Exercises chosen in this way correspond to the individual characteristics of young athletes and enable effective development of technical skills.

Methodology for Teaching Exercises:

Coaches use various methods when teaching special exercises: Demonstration and explanation — the coach shows the movement and provides clarification. Repetitive practice — strengthening skills through repeated performance. Game-based execution — performing exercises in a game format to increase motivation and interest. Video analysis — reviewing performed movements to identify errors.

These methods help coaches effectively detect and correct technical mistakes, engage young athletes in training, and accelerate skill acquisition.

5. Methods for Identifying and Assessing Technical Errors:

Coaches use the following methods to identify technical errors in young athletes: Observation — direct monitoring by the coach during training. Evaluation criteria — based on movement accuracy, speed, coordination, and complexity. Testing — standardized tests to assess technical skills. Video analysis — visual review of movements to correct errors. These methods enhance the effectiveness of the technical training process and allow coaches to accurately evaluate the development level of young athletes.

6. Key Factors in Developing Technical Preparedness:

Coaches pay special attention to the following factors: Systematic training — proper sequence and organization of exercises. Exercise content — focus on developing technical skills. Coach guidance — supervision and feedback for correct execution. Athlete motivation — interest and commitment to training. These factors are essential for organizing a high-quality and effective technical training process.

7. Recommendations for Effective Use of Special Exercises:

Coaches also provided practical recommendations: Exercises should correspond to the physical and technical preparedness of young athletes. Repetitive practice and game-based elements help athletes acquire technical skills quickly and effectively. The use of video analysis and testing optimizes the process of identifying and correcting technical errors.

Results

The analysis of the questionnaire and coaches' experience showed that special exercises play a significant role in developing the technical preparedness of young handball players. Most coaches evaluated special exercises as “very important” in forming technical preparedness, which indicates the necessity of applying them systematically and in accordance with age characteristics.

The majority of coaches reported using special exercises 2–3 times per week or in every training session. This helps young athletes acquire movements quickly and effectively and reduces technical errors. Typically, these exercises last 10–15 minutes, with the number ranging from 3 to 10, which corresponds to the endurance and concentration levels of young athletes.

Coaches mainly apply special exercises in the following areas: developing coordination, increasing speed, improving movement accuracy, and enhancing jumping or throwing techniques. At the same time, coaches consider athletes' physical preparedness, technical level, and training conditions when selecting exercises. Most coaches emphasized the importance of considering all criteria simultaneously.

Coaches indicated that observation, evaluation criteria, video analysis, and testing are effective methods for identifying technical errors. Repetitive practice, game-based execution, and video analysis were identified as the most effective technical methods. Additionally, at the initial stage, applying special exercises with an individual approach helps young athletes acquire technical skills quickly and efficiently.

The analysis showed that the most important factors in developing technical preparedness are the systematic organization of training, the content of exercises, coach guidance, and athlete motivation. These factors contribute to the effective organization of the technical training process and the improvement of young athletes' development levels.

Practical Recommendations:

Special exercises should be applied systematically in every training session or at least 2–3 times per week. Exercises should be selected according to the physical preparedness and technical level of young athletes. The optimal duration of exercises is 10–15 minutes, with 3–10 exercises per session. Video analysis and testing should be used to identify technical errors. Repetitive practice and game-based elements help accelerate skill acquisition. Coach guidance and athlete motivation should remain constant priorities in the technical training process. At the initial stage, special exercises should be applied using an individual approach. Training content should focus on the correct acquisition of technical movements and be adapted to age characteristics.

Conclusion

Special exercises are an essential tool in developing the technical preparedness of young handball players. The research findings, based on coaches' experience, confirm the importance of applying exercises systematically, effectively, and in accordance with athletes' age characteristics.

Special exercises contribute to improving young athletes' coordination, speed, movement accuracy, and jumping/shooting techniques. Repetitive practice, game-based execution, and video analysis facilitate faster and higher-quality acquisition of technical skills. Optimizing the process of identifying and correcting technical errors helps coaches increase training effectiveness and improve athletes' technical levels.

Furthermore, the systematic organization of training, exercise content, coach guidance, and athlete motivation are key factors in the technical training process. At the initial stage, applying special exercises through an individual approach supports the thorough mastery of technical skills.

The results of the study have practical significance for coaches and trainers, helping them organize training scientifically, effectively develop technical preparedness, and ensure the successful sports performance of young handball players. Thus, the effective use of special exercises contributes to preparing young athletes at a high technical level.

REFERENCES

1. Данилов, А. А. Скоростно-силовая подготовка гандболистов и методика ее совершенствования // Спортивные и подвижные игры в современном физкультурном движении : материалы науч.-практ. конф. – Минск, 2001. – С. 98-99.
2. Елисеев, Е. В. Психофизиологический потенциал и физическое развитие гандболистов 13-14 лет на этапе ранней спортивной специализации / Е. В. Елисеев, А. В. Евсеев // Педагогическая наука и практика. – 2017. – №1 (15). – URL: <https://cyberleninka.ru/article/n/psihofiziologicheskiy-potentsial-i-fizicheskoe-razvitie-gandbolistov-13-14-let-na-etape-ranney-sportivnoy-spetsializatsii> (дата обращения: 12.02.2020).
3. Тоҳиров С. Ш. СПОСОБ СОВЕРШЕНСТВОВАНИЯ ТАКТИЧЕСКОЙ ПОДГОТОВКИ ИГРОКОВ 15-16 ЛЕТ //Экономика и социум. – 2023. – №. 1-1 (104). – С. 446-449.
4. T.S. Usmanxodjayev, D.X. Umarov Sport pedagogik mahoratini oshirish (O'quv qo'llanma) Toshkent 2018 102-103 b.
5. Toxirov S. STATISTICAL ANALYSIS OF ACROBATIC TRAINING INDICATORS FOR 9–12-YEAR-OLD FOOTBALLERS //Mental Enlightenment Scientific-Methodological Journal. – 2025. – Т. 6. – №. 05. – С. 329-334.
6. Toxirov S. STEP-BY-STEP IMPROVEMENT OF YOUNG FOOTBALL PLAYERS' ACROBATIC TRAINING //London International Monthly Conference on Multidisciplinary Research and Innovation (LIMCMRI). – 2025. – Т. 2. – №. 1. – С. 438-444.
7. Тоҳиров С. Ш. СПОСОБ СОВЕРШЕНСТВОВАНИЯ ТАКТИЧЕСКОЙ ПОДГОТОВКИ ИГРОКОВ 15-16 ЛЕТ //Экономика и социум. – 2023. – №. 1-1 (104). – С. 446-449.